



## Groups and Individual Sessions

Your child's sessions will be very carefully planned to meet their personal needs using information gathered from both school and home. This is continually assessed and monitored, any extra support is added if needed. The sessions will include time to discuss how they are feeling related activities, scenario based tasks, discussion, stories, games roleplay and puppets.

Sometimes other agencies are needed to support your child also. This could be the school SENCO (Mrs Pope) or a referral to an outside agency.



## Friendship Group

The ELSA will plan the sessions and work with a group of 7-10 children. These children have been selected by their class teacher. The children will work on social abilities, co-operation and friendship skills. This will start with a warm up task and onto a focused activity. This may include an activity promoting social skills, circle time, games, puppets, day to day scenarios etc. It is promoted in a positive way and modelled accordingly by myself.

## Drawing & Talking Practitioner

For some children a different approach is needed. Drawing and talking sessions are used to promote symbolic and safe expression of deep worried and feelings. Traumatic memories are stored in parts of the brain not directly reached by talking on its own. Drawing allows a deeper part of the brain to be involved where powerful emotional memories are stored visually. The child will draw at the same time each week for 12 weeks and will be asked a number of non-intrusive questions about the drawing. Over time a symbolic resolution is found to old conflicts and the trauma is healed.

## Miss Plant

Hi, I have been working at Measham Primary School for most of my teaching career. During this time I have and worked across all of the year groups. Prior to my starting at Measham, I trained as a nursery nurse and then completed a foundation degree in early years. I have been trained in emotional literacy assistant for four years and more recently as a drawing and talking practitioner. ELSA sessions are held in the school library which is a calm, quiet and safe place for children to talk confidentially to me. I also run a nurture group at lunch time for any children who find lunchtimes difficult or need to focus on social skills and making good choices. The children are able to choose their own activity such as games, puzzles, colouring, drawing, small world or construction. These activities are all held in the safety and security of the library.

